



The Com Post

A regular Post for our Community Supported Agriculture Members

On the Farm

December 1, 2016

Volume 11, Issue 23

Winter #3

IN THE SHARE:

Sweet Potatoes
Winter Squash
Rutabaga
Cauliflower
Kohlrabi
Cabbage
Broccoli
Potatoes
Onions
Kale Greens
Carrots
Bok Choi

Important Stuff to know...

Public CSA Sign-up OPENS Dec. 1st—
Tell everyone you know!
Thank you!

Hey, Half and Full Shares:
Your Next Winter CSA pick-up is Thursday December 15th.

Wishing you PEACE, Happiness and GOOD FOOD!

Meal Planning helps make Seasonal Eating easier

Last week my family attended three Thanksgiving dinners. Afterward, as we were fortunate enough to be eating leftovers, I was considering the meals at each of the gatherings and, as you can imagine, they looked very much alike—as I am sure they did at many of your get-togethers. The dinners all consisted of mostly seasonal foods: sweet potatoes, mashed potatoes, Brussels sprouts, onions, carrots, cranberries (in various forms), turkey, and so on.

As a passionate seasonal eater, I often think about the challenges that seasonal eating brings; especially with the convenience of the produce department in the local grocery store just a short drive away. A person can get anything they want at anytime, and many times that's easier than figuring out what to do with rutabaga and cabbage—again.

Back to Thanksgiving.....the seasonality of the Thanksgiving meal itself has become synonymous with the idea of Thanksgiving. Without many folks realizing it, it is seasonal. And while you can have those classic dishes only so many times in a week (think leftovers), for most it is still a classic seasonal meal and that is inspiring.

A few ideas for meal planning:

[Seasonal Menu Plan](#)

[Meal Planning Beyond Taco Tuesday](#)

[Winter Meal Plan from Wellness Mama](#)

I enjoy the challenge of getting creative with seasonal foods. One way to do that is to plan. I admit I am not always the most ardent planner—more of a “lets just roll with it and see what happens” kind of girl. However, I have tried some meal planning and I do find that it would be quite beneficial for seasonal foods.....especially in February or March when the storage crops are limited.

You've decided that seasonal eating is important. Important enough to be a part of our Winter CSA. Thank you!

I'd love to know what you do with your winter share.

- Do you keep it simple?
- Are you a fancy cook whose meals could be in a gourmet magazine photo shoot?
- Do you use the newsletter recipes?
- How do you make seasonal eating, especially winter eating, interesting?

Or anything else about you and seasonal eating.

[Email me](#) at the farm!

Here's to eating with the seasons!

Nicole

At right:

Hello from the Schauer family straight from the field during cabbage harvest!





PLANNED for this week in the box: Details & Descriptions
Did you know this page is always filled with lots of recipe ideas? Click on the links!

Crop	frig?	Storage Specifics	Comment
Sweet Potatoes	Yes	On the counter for a couple days or in the crisper	So we grew sweet potatoes this year with a fair amount of success. We'll try again next year with the hopes of getting lots more. Enjoy! Check it out: 15 Ways to turn Sweet Potatoes into Dinner
Winter Squashes	No	See note at right	Winter squash keeps well right in your kitchen where it is moderately warm and dry. An unheated side room works well too. Squash like temps of about 50 - 60 degrees F. Too warm and their flesh becomes stringy. Basements tend to be too damp and squash will deteriorate faster. If you notice your squash softening, use it right away. A bad spot? Cut it away and use the rest. Check out the BUTTERNUT SQUASH Tart with Fried Sage recipe on page 3 Or this VERY COOL salad: Fall Harvest Freekeh Salad
Rutabaga	Yes	In a bag	I have to say rutabagas are one of my favorite root crops. Besides loving them roasted and mashed, I have a special place in my heart for them because they are one of the best storage crops EVER! They can even "out-store" potatoes! Their longevity is amazing. We've stored them into June! I'd bet they'd go longer, too. We've just never had any left past June to try. Keep rutabaga in a plastic bag in your crisper. Even if you forget about it, it will likely still be fine when you rediscover it! Check it out: 5 Ways to Cook a Rutabaga
Cauliflower	Yes	In a bag in the crisper	Most likely Romanesco (pointy, spiral, lime green heads)——the nuttiest and most tender of all the cauliflowers varieties. How can you not think of geometry when you look at this thing! So Cool! Cauliflower is best used within a week, but will likely keep for longer in a plastic bag in the crisper drawer. Check it out: Lots of Cauliflower recipes!
Kohlrabi	Yes	In the crisper drawer	Woo Hoo for Kohlrabi! Crispy, crunchy goodness. Check it out: 5 Ways to Prepare Kohlrabi Kohlrabi Bistro Salad
Cabbage	Yes	In the crisper drawer	Roasted Cabbage with Bacon Love Cabbgae Right Now---10 Recipes
Broccoli	Yes	In the bag	More broccoli coming your way! FAST! Broccoli and onion quesadillas UNIQUE! Broccoli, Cabbage, and Kohlrabi Coleslaw with Quinoa
<u>Potatoes</u>	No	In the bag in a cool dark place	Potatoes like it cold, moist, and dark. Light, as well as warmth, promotes sprouting and will also turn potatoes green. Cold potatoes also bruise easily, so they should be handled gently. Check it out: The Best Hashbrowns! (Did you know the secret to crispy hash-browns is to boil them before baking or frying?) These potatoes come from the Igl farm and are certified organic.
<u>Onions</u>	No	Cool, dry, dark place	Keep'em cold and dry! Onions are likely to sprout at temperatures above 60 degrees F. Onions that do sprout are not a total loss; you can take several cuttings of the newly sprouted leaves to put in soups and salads.
Kale	Yes	In the bag	Green and/or Purple kale. Think Italian Wedding Soup!
<u>Carrots</u>	Yes	In the bag	More certified organic carrots from our farmer friends at Tipi. Check it out: Simple Lamb Curry with Carrot Raita
Bok Choi	Yes	In a bag or damp towel	Simple, Easy, Good...Cut in half, brush with olive oil and GRILL! Holy smokes is this good! Another yummy way to use Bok Choi: Vegetarian Pho (Vietnamese Noodle Soup)



We wash the produce, but so should you!

RECIPES & IDEAS

BUTTERNUT SQUASH Tart with Fried Sage

Bon Appetit

MAKES 8 SERVINGS

INGREDIENTS

- 1 sheet of frozen puff pastry, thawed (from a 17.3-ounce package)
- 1 large egg beaten with 1 teaspoon water
- 12, 1/8"-thick rounds peeled butternut squash
- kosher salt
- 1/4 cup honey
- 1 thinly sliced Fresno, jalapeño, or red Thai chile
- 3 tablespoons olive oil
- 12 fresh sage leaves
- 1/4 cup shaved Parmesan
- black pepper



PREPARATION

1. Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper. Gently roll out 1 sheet of frozen puff pastry, thawed (from a 17.3-ounce package) on a lightly floured surface to a 10" square (just enough to even out). Transfer to prepared sheet.
2. Brush pastry with 1 large egg beaten with 1 teaspoon water. Arrange twelve 1/8"-thick rounds peeled butternut squash (cut from squash's neck) over pastry, overlapping as needed and leaving a 1/2" border. Place another sheet of parchment paper over squash. Set another large rimmed baking sheet over the tart. (This will weigh down the pastry dough and steam the squash slices.)
3. Bake until bottom of pastry begins to brown and top begins to puff, about 10 minutes.
4. Remove top baking sheet and discard top sheet of parchment paper. Brush squash slices with 1 tablespoon olive oil and season with kosher salt. Return tart, uncovered, to oven and bake until pastry is deep golden brown and cooked through, 25-30 minutes longer.
5. Meanwhile, combine 1/4 cup honey, 1 thinly sliced Fresno, jalapeño, or red Thai chile, and 2 tablespoons water in a small saucepan. Bring to a boil over medium heat (add another thinly sliced chile if more heat is desired). Boil until thickened slightly and syrupy, about 6 minutes.
6. Line a plate with paper towels. Heat 2 tablespoons olive oil in a small skillet until just beginning to smoke. Add 12 fresh sage leaves; fry until crisp, about 30 seconds. Transfer to paper towels to drain.
7. Slice tart. Arrange 1/4 cup shaved Parmesan on top; drizzle with chile-infused honey. Garnish with fried sage leaves and a few grinds of black pepper.

How did the farmer fix his jeans? With a cabbage patch!



RECIPES & IDEAS

Cabbage, Carrot and Kale Latkes

Martha Rose Shulman ~ The New York Times

INGREDIENTS

- 5 cups finely shredded cabbage (about 1 1/4 pounds, or half of a small cabbage)
- 2 cups finely chopped purple kale or curly kale
- 7 to 8 ounces carrots, peeled and grated (about 1 1/2 cups)
- 1/2 cup chopped cilantro
- 1 serrano chili, seeded and minced
- 1 teaspoon baking powder
- Salt to taste
- 2 teaspoons cumin seeds, lightly toasted and coarsely ground or crushed
- 3 tablespoons oat bran
- 3 tablespoons all-purpose flour
- 3 tablespoons cornmeal
- 2 tablespoons buckwheat flour
- 3 eggs, beaten
- About 1/4 cup canola, grape seed or rice bran oil

PREPARATION

Heat the oven to 300 degrees. Line a sheet pan with parchment. Place a rack over another sheet pan.

In a large bowl mix together the cabbage, kale, cilantro, chili, baking powder, salt, cumin, oat bran, flour, cornmeal and buckwheat flour. Taste and adjust salt. Add the eggs and stir together. Let the mixture sit for 10 to 15 minutes, then stir again.

Begin heating a large heavy skillet over medium heat. Take a 1/4 cup measuring cup and fill with 3 tablespoons of the mixture. Reverse onto the parchment-lined baking sheet. Repeat with the remaining latke mix. You should have enough to make about 20 latkes.

Add the oil to the pan and when it is hot (hold your hand a few inches above – you should feel the heat), slide a spatula under one portion of the latke mixture and transfer it to the pan. Press down with the spatula to flatten. Repeat with more mounds. In my 10-inch pan I can cook four at a time without crowding; my 12-inch pan will accommodate four or five. Cook on one side until golden brown, about three to four minutes. Slide the spatula underneath and flip the latkes over. Cook on the other side until golden brown, another three minutes. Transfer to the rack set over a baking sheet and place in the oven to keep warm.

Serve hot topped with low-fat sour cream, Greek style yogurt or crème fraîche.



Wishing you peace, happiness, and good food!